

Live, Laugh and Enjoy the Ride!



If you would like to participate in any of our programs,
please sign up at the front desk or call the
White Oak senior line at
240-777- 6944.

Would you like to be on our email mailing list to receive our
Newsletter and updates?

Our email listing is located at the Senior Center front desk.

We are always looking for volunteers to help us with our programs. If you have a desire to improve our program and would like to render your services, we would love your help. We are looking for people to answer the phones, help greet our members, help set up for events, and help create programs of interest. If you have an interest and would love to teach a class, workshop, or seminar on something that you have experience or knowledge in, please let us know. We are looking for ideas and welcome our members to share their gifts.

White Oak Senior Center Staff

Director of Senior Center
Shememe Williams
240-777-6945

Robinette Gordon & Donna Jones
Staff

Showeet Blyther
Nutrition Program Coordinator
240-777-6944

White Oak Senior Center
1700 April Lane
Silver Spring, Maryland 20904
240-777-6944

Join Us!



montgomerycountymd.gov/rec



WHITE OAK
Senior Center

1700 April Lane Silver Spring, MD 20904 • 240-777-6944

September 2013 Newsletter



White Oak Spotlight

Center Hours: M-F: 9:00am—3:00pm

White Oak Active Adult Program

Where Active Adults Experience a
Meaningful, Enriching, & Inspiring Environment!

White Oak Senior Center provides quality, engaging and inspiring programming for adults 55+ in our community. Our programs are specifically designed for our members to continue to achieve and maintain total wellness to enrich their lives. Not only will we be serving our older adults but we will create a platform where they will serve our younger community as well. We strive to utilize the skills and life experiences of the wise to create new opportunities for our youth through our intergenerational program. We will all benefit by sharing our gifts.

An Extraordinary Experience and White Oak Senior Center!

This fall we will begin a new journey of
higher expectations.

Each month we will feature a different member of the White Oak Active Adult Center. If you know someone 55yrs+ who would be a great feature for our Newsletter, please contact Shememe Williams, White Oak Senior Center Director. 240-777-6945 or Nekia.Williams@montgomerycountymd.gov

Inclement Weather Policy

When Montgomery County Public Schools are closed, all senior classes and programs, including lunch, will be **CANCELED**. If Montgomery County Public Schools have a delayed opening, all classes or events scheduled to begin before 10:00 a.m. will be canceled. The Center will open at 10:00 and lunch will **not** be served. During inclement weather, please listen to your radio (WTOP 103.5 FM) or television news for possible school closings or delayed openings. If in doubt, please call the Center at 240-777-6944 for further information. Please keep in mind that staff members may not be able to get to the Center because of dangerous conditions.

Seniors with disabilities are encouraged to participate in senior programs.

Montgomery County Government is committed to complying with Americans with Disabilities Act (ADA). If you need auxiliary aids or services in order to participate, call 240-777- 6960/TTY 240-777- 6974, at least 2 weeks prior to the start of the activity.

Sponsored by OASIS ~ *Discover Life After 50!*

What is Oasis? Their mission is to promote successful aging through a three-fold approach: lifelong learning, healthy living and social engagement. White Oak will now be a new location serving this area. To register: call 301-469-6800 ext. 211.

20THCentury Ireland - History of Ireland - 20th Century to the Present

This one session course will provide an overview of the turbulent history of Ireland from the Proclamation of Independence from Britain in 1916 to the more recent unrest in Northern Ireland. An objective consideration will be given to the strong conflicting opinions of the Irish themselves as well as the evolution in recent years of a period of tranquility. Open discussion will be encouraged.

Monday 9/16/13 10:30 - 12:30 \$20.00 Community Room A & B
Instructor: Art Drea, Professor of History and Law

European Unity and Austerity

An open discussion about the benefits of economic union in Europe. Overindulgence in governmental programs is now causing severe cutbacks and stagnant economies in many countries. What are the main causes and what are the best solutions?

Monday 9/23/13 10:30 - 12:30 \$20.00 Community Room A & B
Instructor: Art Drea, Professor of History and Law

Beginning Spanish (Starts in October - Please bring a large 3-ring binder to class)

This course is designed for people who have not studied Spanish and who do not speak Spanish. The vocabulary is related to the following topics: greetings, calendar, weather, family, time, clothing, food, and community. The goal of this course is to enable participants to read, write, listen and speak at a basic level in order to communicate their desires and needs in a Spanish speaking environment. There is homework each week for practice; please bring a large 3-ring binder to the first class.

Thursday 10/3/13 - 11/21/13 10:30 - 11:30am
\$96 8 Sessions Location: Community Room A & B

Intermediate Spanish (Starts in October - Please bring a large 3-ring binder to class)

This course is designed for students who may have studied Spanish in high school or college. They should be familiar with vocabulary related to greetings, time, calendar, home, health, travel, community, food, and shopping. In addition, participants should be familiar with the three verb conjugations in the present tense. This course will introduce the preterite (past) tense. There is homework for practice; please bring a 3-ring binder to the first class.

Instructor: Judith Lowe, Spanish Instructor
Thursday 10/3/13 - 11/21/13 11:45am - 12:45pm
\$96 8 Sessions Location: Community Room A & B



Financial Wellness Seminar

Illness and Incapacity – How to plan proactively
Medical Advance Directives, Powers of Attorney, Trusts, Decision Makers
Tuesday, September 10th, 10:30am - 12:00pm

Room: Activity Room

COMMON MISTAKES

ESTATE PLANNING

Lack of communication with decision makers.
Naming multiple, joint decision makers.

TAX

Failing to use the powers of lifetime gifting.

FINANCE

Failure to manage Trust assets per Fiduciary Standards
Failure to provide support to future decision makers

HEALTH

Naming different medical and financial agents in your list of powers of attorney
Lack of communication with family members named as medical agents
Not planning for long term care costs
Failure to hire medical advocates to monitor health care providers

RECEIVE A FREE FINANCIAL ORGANIZATIONAL FOLDER FOR ATTENDING!

REGISTRATION IS REQUIRED
SEATS ARE LIMITED
SIGN UP NOW!

Stress Management Seminar
Tuesday, September 17th
1:00pm - 2:00pm
Community Room



LIVING BY DESIGN

What is Living by Design?

Variety of balanced programs and activities: We are a full service facility serving 55+ Active Adults 5 days a week. Our Active Adult programs are a wonderful opportunity for you to gather for educational experiences, exercise and entertainment programs. Along with dance and social activities, we offer a variety of special programs and events. As a part of your experience, we will offer you an opportunity to share your purpose and ambitions for 2013. Our mission will be to design our programs with you in mind based on your desires and aspirations. At the end of the year, we will revisit your yearly aspirations and see how you have progressed. This process will allow us to help you live according to your design. Living by design will allow us to bring purposeful programming to you throughout the year.

PROGRAM DESCRIPTIONS

Note: All programs are FREE except when indicated by.* All programs are subject to change. If interested in a program, we ask that you sign up in advance.

FITNESS, DANCE AND EXERCISE PROGRAMS

Designed to help wake up your bones and muscles

Arthritis Chair Exercise – Mondays 1:15pm - 2:15pm Instructor: Maria Elena Analuisa
Anyone can get the physical movement needed to boost energy and relieve arthritis pain. This fitness program is a 60-minute balanced exercise routine proven to ease arthritis no matter what shape and age you are in now. **(Social Hall A)**



Bollywood* – Fridays 10:00am - 11:00am Instructor: Creative Fitness
This class offers an energy cardio workout to the lively tunes of Bollywood music. **\$50.00 for 10 sessions.** **(Social Hall B)**

Bone Builders – Wednesdays & Fridays 2:00pm - 3:00pm
Sponsored by: Retired Senior Volunteer Program and Aging & Disability Services
Osteoporosis Prevention and Management exercise program to improve bone density by using weights and balance exercises. **(Social Hall A)**



Bokwa* – (low impact) Thursdays 1:00pm - 1:45pm Instructor: Jean Adams
Bokwa participants draw letters and numbers with their feet while performing an energizing and addictive cardio workout. **First class begins September, 19th! FREE Demo Class**
\$2.00 per class. **(Social Hall B)**

FITNESS, DANCE AND EXERCISE PROGRAMS

Designed to help wake up your bones and muscles

Chair Aerobics – Mondays 11:00am - 11:45am

Instructor: Clarissa Watkins

A class designed to strengthen muscles, endurance, flexibility, and improving balance. Balls and therabands will be provided. Exercises are done seated and standing depending on physical endurance.

(Social Hall B)

Chair Yoga* – Wednesdays 1:30pm - 2:30pm

Instructor: Holy Cross

Enjoy yoga with the help of a chair! Chair yoga is done seated and standing using a chair to assist in improving balance, strength and flexibility. Classes include breathing exercises and guided relaxation.

\$50.00 for 10 sessions, August 21st - October 23rd

(Social Hall B)

Chinese Folk Dance – Tuesdays 10:00am - 11:30am

Instructor: Ming Shan

Come learn and experience Chinese Folk Dancing to Chinese-inspired music. It will be a rewarding experience that leaves you with a feeling of joy and exhilaration.

(Social Hall B)

Circuit Training – Tuesdays & Fridays 10:00am - 11:00am

September 3rd - 30th

Instructor: Shememe Williams

If you have a senior sneaker membership, this class is for you! We will have a personal trainer to guide you through a series of exercises located in a group setting.

(Weight Room)

Better Balance – Thursdays 11:00am - 11:45am

Instructor: Shememe Williams

Low impact movements designed to help you improve your ability to control your balance more efficiently in your day-to-day activities.

(Social Hall B)

Healthy Heart Aerobics – Fridays 1:30pm - 2:30pm

Instructor: Maria Analuisa

Low impact aerobics exercise to help strengthen the heart and lungs geared to give you more energy and help manage weight.

(Auxiliary Gym)

Line Dance – Mondays 10:00am - 11:00am

Instructor: Gerri Doswell

Low impact line dancing that uses a variety of methods to aid in easy body movements.

(Social Hall B)

Ping Pong Club – Tuesdays 10:00am - 12noon

Test your skills and strengthen your arm as you play with friends, relatives and foes.

See who will be the one to come out victorious!

(Game Room)

Senior Fit –Tuesdays & Fridays 9:00am - 10:00am

Instructor: Chatarina Lindvall

Especially for seniors using low impact movement, weights, and elastic tubes for proven increased bone density. Pick up a permission form located at our front desk to be filled out by your physician in order to participate.

(Social Hall A & B)

Soul Line Dance – Thursdays 10:00am - 11:00am

Instructor: Peytrienne McCormick

Groove to some soulful music with “Pat” as she teaches “Soul Line Dancing” step by step.

(Social Hall A & B)

WHITE OAK AT THE MOVIES • FRIDAYS 10:30AM - 12:30PM

Enjoy a good movie with your peers while eating freshly popped popcorn!

Friday, September 6 – Cloud Atlas (R)

Drama, mystery, action and enduring love thread through a single story that unfolds in multiple timelines over the span of 500 years. Characters meet and reunite from one life to the next. Born and reborn. As the consequences of their actions and choices impact one another through the past, the present and the distant future, one soul is shaped from a killer into a hero, and a single act of kindness ripples across centuries to inspire a revolution. Everything is connected.

Friday, September 13 – Here Comes The Boom (PG)

Former collegiate wrestler Scott Voss is a 42-year-old apathetic biology teacher in a failing high school. When cutbacks threaten to cancel the music program and lay off its teacher, Scott begins to raise money by moonlighting as a mixed martial arts fighter. Everyone thinks Scott is crazy - most of all the school nurse, Bella - but in his quest, Scott gains something he never expected as he becomes a sensation that rallies the entire school.

Friday, September 20 – The Call (R)

When veteran 911 operator Jordan (Halle Berry) takes a life-altering call from a teenage girl who has just been abducted, she realizes that she must confront a killer from her past in order to save the girl's life.

Friday, September 27 – 42, The Jackie Robinson Story (PG-13)

In 1946, Branch Rickey put himself at the forefront of history when he signed Jackie Robinson to the legendary Brooklyn Dodgers, breaking Major League Baseball's infamous color line.

WELLNESS & EDUCATIONAL LECTURES

Living Well with Diabetes

Thursdays: September 12th,– October 17th, 2013

(September 12th, 19th, 26th, October 3rd, 10th, and 17th)

Time: 1:00 - 3:30 pm

Room: Large Conference Room

Join this free six-week program to help you enjoy a healthier life! Learn how to maximize your potential while living with a long-term health condition, like diabetes, that may require you to alter your activities. Discover new ways to break the “symptom cycle.” Family members, friends and caregivers are also welcome. Classes are 2.5 hours, once a week for six weeks. Must have 15 people signed up in advance to run the course. Sign up deadline: Tuesday, September 10th.

CULTURAL ARTS & EDUCATIONAL PROGRAMS

Designed to inform & mentally stimulate keeping you enriched in activity

Bingo! – Wednesday, September 25th 1:30pm - 3:30pm *Sponsored by: Chick-fil-A*
Play, win a game and be eligible for meal prizes compliments of Chick-fil-A!

Blood Pressure Screening – Friday, September 20th 9:45am - 11:00am
Facilitator: Holy Cross Hospital (Studio)

Bridge Intro Class* – Mondays 1:30pm - 3:00pm, September 16th - November 4th
Instructor: Daisy Smith
Why play bridge? It stimulates the brain, helps concentration, improves judgment and most of all it's fun! **\$60.00 for 8 sessions (includes 2 books)** (Community Room B)

Cultural Cooking – Thursday, September 19th 12:00pm - 1:00pm White Oak Staff
Learn how to cook various dishes from other cultures, and share the results in a congregate setting as we enjoy eating what we cook. Eggplant Lasagna will be featured. (Kitchen)

Mahjong (Board Game) – Tuesdays 10:00am - 12:00noon & 1pm - 3pm
Mahjong is a game of skill, strategy and calculation and involves a certain degree of chance. Join us! (Community Room B)

Meditation – Wednesdays 2:00pm - 4:00pm Instructor: Tammy Hilton
Relax with guided meditation. Classes begin September 25, 2013. Bring a yoga mat and a pillow or cushion. (Community Room A)

Spades Anyone? – Thursdays 11:00am - 12:30pm
By popular demand! Come socialize and learn to play with us! (Community Room B)

NUTRITION PROGRAMS

Lifestyle Coaching Series

Vegan Living Demonstration* Thursdays 11:30am-12:45pm
Sessions share helpful information on meal-planning, do's and don'ts of veganism, preparing balanced and nutritional meals without animal meat or animal by-products, benefits of raw foods and "going" organic.

Wellness Coaching* Group participants learn the benefits of lifestyle changes, such as healthy food choices and preparation. Each individual will come away with a better understanding of his or her health status and receive information on how to adopt healthier lifestyles to reduce the risk for developing chronic conditions. **Begins September 26th \$2.00 per session (Kitchen)**


Senior Nutrition Lunch Program – Mondays, Wednesdays & Fridays- 12:00 pm
Socialize, Mix n' Mingle, and enjoy a healthy and appetizing meal. For persons age 60 or older, or a spouse of any age, a voluntary contribution is requested. Guests (including caretakers) under age 60 must pay full cost. **The full cost of the meal is \$5.49.** Please make or cancel your reservations for lunch at White Oak Senior Center by noon a day in advance. **Call 240-777-6944.**

FITNESS, DANCE AND EXERCISE PROGRAMS

Designed to help wake up your bones and muscles

Tai Chi – Mondays, Wednesdays 9:00am - 10:00am
Instructors: Dr. Michael Basdavanos & Kathryn Von Rautenfeld
Relaxing, flowing series of "Qi Gong" movements that combine simple stretches, deep breathing, awareness, and balancing as we introduce and explore Tai Chi. (Social Hall B)

Tai Chi (Cane, Stick and Sword) Tuesdays 10:30am - 11:30am
This is an intermediate and advanced level class designed to improve and enhance your stability with a focus on using a cane, stick and sword. (Social Hall A)

 **Tai Chi (Integral) Saturdays 10:00am - 12noon** Instructor: Tammy Hilton
Integral Tai Chi (also called CK10) is a series of 10 forms of exercises combining yoga, Tai Chi, Qi Gong and meditation into one holistic system that integrates body, mind, and spirit. Please bring a yoga mat, a hand towel and water. (Auxiliary Gym)

Wii Bowling – Tuesdays 10:30am - 12:00noon  Facilitator: White Oak Staff
Test your skills playing a variety of games on the Wii! Let's start training for the Wii Bowling Championship. **Starts September 17th** (Community Room B)

Yoga* (Gentle Yoga) Fridays 1:00pm - 2:00pm Instructor: Jane Adams
Gentle and slower paced practice to allow ease of participation for people of all sizes, ages, and fitness levels. Class removes fears or challenges in doing yoga, while assisting with stress reduction and weight management. Bring yoga mat, yoga block and blanket. ***\$5.00 drop-in, pay as you attend.** (Social Hall B)
Class cancelled September 13th

Zumba Gold* - Mondays 1:00pm - 2:00pm & Wednesdays 10am - 11am
Challenging dance routines specifically designed for the active adult. Make sure you are signed up!
***\$20.00 for 4 classes or \$7.00 for drop-ins.** (Social Hall B)

Zumba Gold Toning* Thursdays 11am - 12:00noon Instructor: Creative Fitness
Works on circuit training (a few minutes of cardio followed by a few minutes of strength training) and offers some cardiovascular exercise because it is still Zumba Gold. ***\$20.00 for 4 classes or \$7.00 for drop-ins**  (Social Hall B)

Please note: Due to financial restraints, there will be **Price Increases in October 2013** for some classes. The following classes will have new fees:

Tai Chi • Monday 9:00am - 10:00am	\$3 drop-in fee
Soul Line Dance • Thursday 10:00am - 11:00am	\$3 drop-in fee
White Oak at the Movies • Friday 10:30am - 12:30pm	\$1 drop-in fee

Mon	Tue	Wed	Thu	Fri
 <div>2</div>	<div>3</div> <p> Senior Fit 9am - 10am - Circuit Training 10am - 11am Chinese Folk Dance 10am - 11:30am Tai Chi (Cane, Stick & Sword) 10:30am - 11:30am Mahjong (Board Game) 10am - 12 noon Ping Pong Club 10am - 12 noon Mahjong (Board Game) 1pm - 3pm </p>	<div>4</div> <p> Tai Chi 9am - 10am Zumba Gold 10am - 11am \$ Nutrition Lunch Program 12 noon Chair Yoga 1:30pm - 2:30pm \$ Bone Builders 2pm - 3pm </p>	<div>5</div> <p> Soul Line Dance 10am - 11am Spades 11:00am-12pm Better Balance 11am - 11:45am Zumba Toning 11am-12pm \$ </p>	<div>6</div> <p> Senior Fit 9am - 10am Circuit Training 10am - 11am Bollywood 10:00am-11:00am \$ Nutrition Lunch Program 12pm Movie: “ Cloud Atlas” 10:30am - 12:30pm Gentle Yoga 1:00pm-2:00pm \$ Healthy Heart Aerobics 1:30pm - 2:30pm Bone Builders 2pm - 3pm SHA </p>
<div>9</div> <p> Tai Chi 9am - 10am Line Dance 10am – 11:00am Chair Aerobics 11am - 11:45am Nutrition Lunch Program 12 noon Zumba Gold 1:00pm - 2:00pm \$ Arthritis Chair Exercise 1:15pm - 2:15pm </p>	<div>10</div> <p> Senior Fit 9am - 10am Circuit Training 10am - 11am Tai Chi (Cane, Stick & Sword) 10:30am - 11:30am Chinese Folk Dance 10am - 11:30am Mahjong (Board Game) 10am - 12 noon Financial Wellness Seminar 10:30-12pm Ping Pong Club 10am - 12 noon Mahjong (Board Game) 1pm - 3pm </p>	<div>11</div> <p> Tai Chi 9am - 10am Zumba Gold 10am - 11am \$ Nutrition Lunch Program 12 noon Chair Yoga 1:30pm - 2:30pm \$ Bone Builders 2pm - 3pm </p>	<div>12</div> <p> Soul Line Dance 10am - 11am Spades! 11:00am-12pm Better Balance 11am - 11:45am Zumba Toning 11am-12pm \$ Living Well with Diabetes 1pm-3:30pm </p>	<div>13</div> <p> Senior Fit 9am - 10am Circuit Training 10am - 11am Bollywood 10:00am-11:00am \$ Nutrition Lunch Program 12pm Movie: “ Here Comes the Boom” 10:30am - 12:30pm Healthy Heart Aerobics 1:30pm - 2:30pm Gentle Yoga 1:00pm-2:00pm \$-Cancelled Bone Builders 2pm - 3pm </p>
<div>16</div> <p> Tai Chi 9am - 10am Line Dance 10am – 11:00am 20th Century Ireland 10:30am – 12 noon \$ Chair Aerobics 11am - 11:45am Nutrition Lunch Program 12 noon Zumba Gold 1:00pm - 2:00pm \$ Arthritis Chair Exercise 1:15pm - 2:15pm Bridge 1:30pm - 3pm \$ </p>	<div>17</div> <p> Senior Fit 9am - 10am Circuit Training 10am - 11am Tai Chi (Cane, Stick & Sword) 10:30am - 11:30am Chinese Folk Dance 10am - 11:30am Mahjong (Board Game) 10am - 12 noon Ping Pong Club 10am - 12 noon Wii Bowling 10:30pm-12:00pm Mahjong (Board Game) 1pm - 3pm Stress Management Presentation 1pm-2:00pm </p>	<div>18</div> <p> Tai Chi 9am - 10am Zumba Gold 10am - 11am \$ Nutrition Lunch Program 12 noon Chair Yoga 1:30pm - 2:30pm \$ Bone Builders 2pm - 3pm </p>	<div>19</div> <p> Soul Line Dance 10am - 11am Spades 11:00am-12pm Better Balance 11am - 11:45am Zumba Toning 11am-12pm \$ Cultural Cooking 12noon – 1:00pm Bokwa Demo! (low) 1pm- 1:45pm \$ Living Well with Diabetes 1pm-3:30pm </p>	<div>20</div> <p> Senior Fit 9am - 10am Blood Pressure Screening 9:45am-11am Circuit Training 10am - 11am Bollywood 10:00am-11:00am \$ Nutrition Lunch Program 12pm Movie: “ The Call” 10:30am - 12:30pm Gentle Yoga 1:00pm-2:00pm \$ Healthy Heart Aerobics 1:30pm - 2:30pm Bone Builders 2pm - 3pm </p>
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<div>30</div> <p> Tai Chi 9am - 10am Line Dance 10am – 11:00am Chair Aerobics 11am - 11:45am Nutrition Lunch Program 12 noon Zumba Gold 1:00pm - 2:00pm \$ Arthritis Chair Exercise 1:15pm - 2:15pm Bridge 1:30pm - 3pm \$ </p>	<div> <div> <div>New Saturday Tai Chi Class</div> <div>10:00am - 12noon</div> </div> <div>Look for new fees in October!!!</div> </div>			<p> NOTES: ξ All programs are FREE except when indicated by \$. See newsletter for fees & class descriptions. ξ Red Text indicates New Class ξ Blue Text indicates Workshop </p>